



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Denissov, Arkadiy

Club: Mannheim

Number: 384

Course: 5.57 km

6 km Run

Category:

Männer M65

Total time: 25:12

Speed: 11.90 km/h

Running performance: 4:31 min/km

Rank in course/Total: 24 (of 158)

Rank in course/Men: 24 (of 104)

Best time in course: 20:14

Rank in category: 2(of 2)

Best time in the category: 23:49